

## NOTICE TO PARTICIPANTS 2022 Summer Session

**Tuesday, July 5<sup>th</sup> - Friday, August 19<sup>th</sup>**

The Teaneck Recreation Department's Senior Center aims to promote safety and prevent the spread of COVID-19 through the use of health and safety protocols.

In an effort to keep the Senior Center staff and participants safe, **ALL** are **REQUIRED** to be fully vaccinated and provide **PROOF** of vaccination. Mask wearing is **REQUIRED**.

### Registration Information

- Forms for the 2022 Summer Session will be **available** for **pick-up** starting on Monday, May 16<sup>th</sup> in the **Senior Center Lobby** (2<sup>nd</sup> floor), **outside of the Recreation Office** (1<sup>st</sup> floor), and **online** on the Township Website.  
<https://www.teanecknj.gov/senior-programs>
- Registration is for independent men and woman 55 years and over. (New/First time participants are required to call the Senior Center for additional information prior to registering).
- Choose up to **2 classes** from the 2022 Summer Class Line Up.
- **Registration will be by PHONE ONLY.** Please see page 4 for **Registration Call-In Schedule**.
- A printed **COPY** of your **COVID-19 Vaccine Card** showing full vaccine status is **REQUIRED** for **ALL** participants by **Monday, June 20<sup>th</sup>**. COVID-19 Card not required if previously submitted.
- **Medical Release Form** (if requesting exercise classes) is **REQUIRED by Monday, June 20<sup>th</sup>**. Medical release not required if submitted within the last 12 months.
- There are **no make-up classes** due to holidays, inclement weather, special events or instructor absence.
- Non-Resident registration by PHONE only on Tuesday, June 28<sup>th</sup> between 11:00am-12:00pm to inquire of any available openings.  
**Please note: There is a nominal fee for all classes and programs.**

# Teaneck Senior Center

250 Colonial Court  
(201) 837-0171 or (201) 837-7130

## 2022 SUMMER CLASS LINE UP

Tuesday, July 5<sup>th</sup> through Friday, August 19<sup>th</sup>

**Registration will be by PHONE ONLY during specific dates and times for your particular classes. Please see Resident Registration Call In Schedule for times/dates.**

Note: All classes will take place upstairs on the Upper Level of the Rodda Center in the Senior Center for the Summer Session except for Water Exercises Classes which will take place at the Votee Park Pool. Please arrive no earlier than 15 minutes prior to your class for parking and attendance.

\*\*\*Please bring **your own fitness equipment and water bottle** for all classes.\*\*\*

<u>PHYSICAL FITNESS CLASSES</u>	<u>INSTRUCTOR</u>	<u>TIME</u>	<u>DAYS</u>
Cardio/ Toning (L3)	Patty Schwartz	9:15 - 10:15	Mondays
Cardio/ Toning (L3)	Patty Schwartz	9:15 - 10:15	Tuesdays
Dance/Toning (L3)	Patty Schwartz	10:45 - 11:45	Mondays
Folk Dancing (L2)	Jim Gold	10:30 - 11:30	Wednesdays
Lite & Gentle Exercise (L1)	Judy Sbrocco	12:15 - 1:15	Mondays
Low-Impact Exercise (L3)	Sheri McKay	3:00 - 4:00	Tuesdays
Low-Impact Exercise (L3)	Joanne Van Dien	2:00 - 3:00	Thursdays
Men's Fitness (L2)	Steve Sinisi	9:15 - 10:15	Wednesdays
Men's Fitness (L2)	Steve Sinisi	12:45 - 1:30	Fridays
Osteoporosis Exercise (L1)	Judy Sbrocco	12:00 - 1:00	Tuesdays
Stretch Pilates (L1)	Judy Sbrocco	1:45 - 2:30	Mondays
Tai Chi Chuan <b>Intermediate</b> (L1)	Master Peng	12:00 - 1:00	Wednesdays
Tai Chi Chuan <b>Beginner</b> (L1)	Master Peng	1:15 - 2:15	Wednesdays
Toning & Strengthening (L2)	Sheri McKay	1:30 - 2:30	Tuesdays
Toning & Strengthening (L2)	Joanne Van Dien	12:30 - 1:30	Thursdays
Yoga <b>Introduction</b> (L1)	Martin Bland	11:00 - 12:00	Fridays
Yoga <b>Beginner</b> (L1)	Martin Bland	11:30 - 12:30	Wednesdays
Yoga <b>Beginner</b> (L1)	Martin Bland	9:30 - 10:30	Thursdays
Yoga <b>Intermediate</b> (L1)	Martin Bland	1:00 - 2:00	Wednesdays
Yoga <b>Intermediate</b> (L1)	Martin Bland	11:00 - 12:00	Thursdays

**\*Water Exercise classes are held at the Votee Park Pool\***  
**(In case of inclement weather please follow the Inclement Weather Alert )**

Water Exercise (L2)	Joanne Van Dien	10:00 - 11:00	Mondays
Water Exercise (L2)	Sheri McKay	10:00 - 11:00	Tuesdays
Water Exercise (L2)	Sheri McKay	10:00 - 11:00	Wednesdays
Water Exercise (L2)	Joanne Van Dien	10:00 - 11:00	Thursdays

**Please Note: All participants are REQUIRED to be fully vaccinated. A COPY of your COVID-19 Vaccine Card is REQUIRED. Participants are REQUIRED to have a current Medical Release Form on file for all Physical Fitness programs/classes. Both are due by Monday, June 20<sup>th</sup>.**

**THE SENIOR CENTER PROGRAMS AND CLASSES ARE FOR REGISTERED PARTICIPANTS ONLY.**

<u>EDUCATIONAL CLASSES</u>	<u>INSTRUCTOR</u>	<u>TIME</u>	<u>DAYS</u>
Beginner Water Color Painting	Judith Adel	1:00 - 3:00	Mondays
Creative Writing	Joseph Mach	11:30 - 12:30	Thursdays
Drama/Improvisation	Dori Persson	11:30 - 1:00	Tuesdays
Quilting <b>(New Participants)</b>	Janet Allen & Judythe Burton	11:00 - 1:00	Mondays
Quilting <b>(Returning Participants)</b>	Janet Allen & Judythe Burton	11:00 - 1:00	Tuesdays
Drawing & Painting Studio Practice *please bring your supplies/paper*	Non- Instructional	11:00 - 1:00	Wednesdays

### WORKSHOPS OFFERED

Please see flyer for details on the following two workshops.

Flyers are located for pick-up in the **Senior Center Lobby** (2<sup>nd</sup> floor) and **online** on the Township Website: <https://www.teanecknj.gov/senior-programs>

**\*Workshops are not included in the 2 class maximum per person\***

<u>WORKSHOP</u>	<u>INSTRUCTOR</u>	<u>TIME</u>	<u>DAYS</u>
Art History Workshop <b>*4 weeks: 7/8 - 7/29*</b>	Michael Norris	10:30 - 12:30	Fridays
Healthy Body, Healthy Mind Workshop <b>*4 weeks: 7/6 - 7/27*</b>	Alex Cerbone <i>*Township Social Worker*</i>	10:00 - 11:00	Wednesdays

### Professional Services

Holy Name Hospital Nurse on-site Monday through Friday  
Blood Pressure Screenings and Health Consultations available.

Kathleen Powers, R.N. & Linda Lohsen R.N., B.S.N.

The Township Social Worker, Alex Cerbone M.S.W., L.S.W. will be on-site Wednesdays 8:30 am - 4:00 pm .  
Walk-ins welcome!

There are no make-up classes due to holidays, inclement weather, special events or instructor absence.

### INCLEMENT WEATHER ALERT

IN THE EVENT OF POOR WEATHER CONDITIONS PLEASE CALL  
THE RECREATION DEPARTMENT 30 MINUTES PRIOR TO YOUR CLASS TIME TO CHECK FOR  
DELAYS OR CANCELLATIONS 201-837-0171 /201-837-7130.

**NO UNAUTHORIZED PARTICIPATION WILL BE PERMITTED**  
**THE SENIOR CENTER PROGRAMS AND CLASSES ARE FOR REGISTERED PARTICIPANTS ONLY. FOR SAFETY REASONS CHILDREN AND /OR GUESTS ARE NOT PERMITTED.**

**Resident Registration Procedures: By PHONE ONLY 201-837-0171/ 7130**

- Choose up to 2 classes from the 2022 Summer Class Line Up.
- See Registration Call-In Schedule below.
- Call us ONLY on the appropriate day/ time for your class.
- Registration will continue until classes are full.

**Resident Registration Call-In Schedule**

<u><b>Tuesday</b></u> <b>May 31<sup>st</sup></b>	<u><b>Wednesday</b></u> <b>June 1<sup>st</sup></b>	<u><b>Thursday</b></u> <b>June 2<sup>nd</sup></b>	<u><b>Friday</b></u> <b>June 3<sup>rd</sup></b>	
Yoga Intro 10:00– 11:00 am	Yoga Beg <b>(Wed)</b> 10:00 - 11:00 am	Osteoporosis 10:00 - 11:00 am	Quilting- <b>(Mon or Tues)</b> 10:00 - 11:00 am	
Cardio <b>(Mon)</b> 11:30 - 12:30 pm	Toning <b>(Tue)</b> 11:30 - 12:00 pm	Men's Fitness <b>(Wed/Fri)</b> 11:30 - 12:30 pm	Drama/Improv 11:30 - 12:30 pm	
Lite & Gentle 2:00 - 3:00 pm	Yoga Int <b>(Wed)</b> 2:00 - 3:00 pm	Low Impact <b>(Tue)</b> 2:00 - 3:00 pm	Tai Chi- <b>(Beg or Int)</b> 2:00 - 3:00 pm	
<u><b>Monday</b></u> <b>June 6<sup>th</sup></b>	<u><b>Tuesday</b></u> <b>June 7<sup>th</sup></b>	<u><b>Wednesday</b></u> <b>June 8<sup>th</sup></b>	<u><b>Thursday</b></u> <b>June 9<sup>th</sup></b>	<u><b>Friday</b></u> <b>June 10<sup>th</sup></b>
Folk Dancing 10:00 - 11:00 am	Cardio <b>(Tues)</b> 10:00 - 11:00 am	Yoga Int <b>(Thurs)</b> 10:00 - 11:00 am	Low Impact <b>(Thurs)</b> 10:00 - 11:00 am	Watercolor <b>Beg.</b> 10:00 - 11:00 am
Stretch Pilates 11:30 - 12:30 pm	Dance/Tone 11:30 - 12:30 pm	Art History 11: 30 -12:30 pm	Toning <b>(Thurs)</b> 11:30-12:30 pm	Creative Writing 11:30-12:30 pm
Water Ex. <b>(Mon)</b> 2:00 - 3:00 pm	Water Ex. <b>(Tues)</b> 2:00 - 3:00 pm	Water Ex. <b>(Wed)</b> 2:00 - 3:00 pm	Water Ex. <b>(Thurs)</b> 2:00 - 3:00 pm	Studio Practice 2:00 - 3:00 pm
	Yoga Beg <b>(Thurs)</b> 3:30– 4:30 pm		Healthy Body/Mind 3:30 - 4:30 pm	

**Non-Resident registration** by PHONE only on Tuesday, June 28<sup>th</sup> between 11:00am-12:00pm to inquire of any available openings 201-837-0171/ 7130 .

**Please note: There is a nominal fee for all classes and programs.**

**All classes will take place upstairs on the Upper Level of the Rodda Center in the Senior Center for the Summer Session except for Water Exercises Classes which will take place at the Votee Park Pool.**